

WESTWAYS

THE OFFICIAL NEWSLETTER OF THE ROTONDA WEST ASSOCIATION, INC.

Emailed to 6,032 Rotonda Residents

APRIL 2025



E-NEWSLETTER PUBLISHED MONTHLY BY THE ROTONDA WEST ASSOCIATION

CROWD CHEERS DEB ORCHARD, RWA VOLUNTEER OF THE YEAR!



By: Connie Smith

Pictures by: David Pulaski

Deb Orchard was a popular choice for Rotonda West's Volunteer of the Year for 2024. The crowd stood and cheers erupted as her name was announced during the annual Volunteer Appreciation Dinner at The Hills Restaurant.

Nadine Clough, event chair, said there were many worthy nominees, but Deb Orchard made volunteering "look very easy". She described Orchard as "dedicated, with a lot of patience, a problem solver and a motivator with a sense of humor."

To hear herself named, Orchard, RWA Board of Directors member and Outreach Committee chair, was stunned. "To say this was a surprise is an understatement," Orchard exclaimed. "It's not sunk in." she applauded the members of her committee, and others that work throughout the year to execute the many tasks that make Rotonda a great community.



RWA Volunteer of the Year 2024 winner, Deb Orchard appears to be the only person surprised at hearing her name announced as the winner at the Appreciation Dinner held on March 16th.

VOLUME 29 ISSUE 4

NEWSLETTER SECTIONS

RWA VOLUNTEER DINNER

CALENDAR OF EVENTS

CHARLOTTE COUNTY NEWS

ENTERTAINMENT

NATURE NEWS

ANNUAL LAKEWATCH MEETING

HEALTH & WELLNESS

GARAGE SALE RECAP

NEIGHBORHOOD WATCH

WOMAN'S CLUB

STAFF

Rotonda West Administrative
Office-Community Center
Broadmoor Park
646 Rotonda Circle
Rotonda West, FL. 33947
Office Hours: 8 am-4pm M-F
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Website address:
www.rotondawest.org

RWA Volunteer Appreciation Dinner continued...

With Deb's leadership, the Community Outreach Committee sponsored 150 events last year in Rotonda, including the Christmas Parade, Holiday decorations throughout the community, gazebo lighting and boat parade, Bingo, RWA Open House, nature presentations, health & wellness presentations, trivia nights, Music in the Park, to name a few.

"I looked at the calendar for last year and it was mind-boggling, the number of events," Orchard said. In March, 2025, Orchard counted 25 events, including a Talent Show, the Volunteer Appreciation Dinner, Pilates and Tai Chi sessions. "There are 10 events already scheduled for April. It's overwhelming," she said. As Outreach Chair, she greenlights the expansion of old events (a Mix & Mingle happy hour has been added, along with the evening potluck) and considers bringing back others, such as a Cruise-In.

As successful as the committee is, Orchard said it can always use more members, such as parents of children who can imagine new events that will interest children and teens.

In all, some 140 individuals volunteered about 3,250 hours of service to Rotonda West in 2024. Of that number, about 50 people spent 2,000 hours serving on committees and the remainder carried out 1,250 hours' worth of jobs in support of the community.

Rotonda Board of Director's President Andy VanScyoc thanked his fellow members for "making my job so easy-we work together very well," he said. "I'm pretty proud of this group".

Nadine Clough, event coordinator, stated that out of the 140 volunteers who were invited, 107 were in attendance at the dinner, making it the best attended Volunteer Appreciation dinner in recent years. 2024 marked the first year that volunteers used the Job Log to keep track of their hours. This system provided valuable information on the breakdown of volunteering hours. Be watching for Job Log 2025.

Pictured left to right: Nadine Clough, Dinner Coordinator and Deb Orchard accepting the award for being named Volunteer of the Year 2024



A SPECIAL THANK YOU TO THESE PEOPLE:

- Thom Lisk who gave the blessing before the meal
 - Sam Besase for being a terrific Emcee
 - Annmarie D'Abrosca for helping with the gifts
- Maureen McDowell & Merrill Horswill for covering the Welcome Table
- Cheryl Lateer, Donna Stogsdill, Maureen Laderer with the table centerpiece set-up
 - Eric Stefanik for the music
 - The Hills Restaurant for a fabulous dinner
- Rotonda West Association for sponsoring the event



Sam Besase emceed the evening's events and introduced the following committee chairpersons who recognized and thanked their members. Pictured left to right:

- President Andy Van Scyoc—
Board of Directors
- Chair Tom D'Abrosca—
Budget & Finance Committee
- Chair Sam Besase—
Buildings & Grounds Committee
- Chair Deb Orchard—
Community Outreach Committee
- Chair Barb Peszko—
Compliance Committee & Residential
Modification Committee
- Chair Dale Jensen—
Election Committee & Deed Restriction
Committee

Pictured

Left: Derrick Hedges,
RWA Manager

Right: Sam Besase, BOD member
and Emcee for the evening



CALENDAR OF UPCOMING EVENTS

* EVENTS ARE HELD AT THE COMMUNITY CENTER, UNLESS OTHERWISE NOTED

APRIL

4/2 Wednesday, 2pm: Healthy Ponds Presentation by Mollie Holland
4/2 Wednesday, 5pm: Mix & Mingle Happy Hour at Rotonda Community Park
4/3 Thursday, 6:30pm: Singo, Music Bingo by Tina & Jim Kissane
4/4, 4/11, 4/18, 4/25 - Friday, 10am: Tai Chi
4/7, 4/14, 4/21 Monday, 10am: Pilates Mat
4/8 Tuesday, 5:30pm: Aquatics Subcommittee: Florida Lake Watch Presentation
4/9 Wednesday, 9:30am: Qigong exercise - outdoors on the patio
4/16 Wednesday, 11:30am: Mix & Mingle Lunch at The Hills (watch for details)
4/16 Wednesday, 6:30pm: Trivia Night with Tim
4/17 Thursday, 2pm: Handwriting Analysis by Pat Carter
4/22 Tuesday, 9am: Earth Day Bicycle Day Rotonda Litter Cleanup Challenge at Rotonda Community Park
4/22 Tuesday, 5pm: Mix & Mingle Potluck in Community Center
4/23 Wednesday, 2pm: Fit for Life Using Functional Exercise to Maintain Muscle Mass and Confidence by April Sutphen

MAY

5/2, 5/9, 5/16, 5/23, 5/30 Friday, 10am: Tai Chi (23rd & 30th will be outdoors)
5/5, 5/12, 5/19 Monday, 10am: Pilates Mat
5/7 Wednesday, 5pm: Mix & Mingle Happy Hour at Rotonda Community Park
5/15 Thursday, 2:30pm: Treasurer's Town Hall Meeting by Sam Besase
5/18 Sunday, 1pm: BINGO!
5/21 Wednesday, 9:30am: Music in the Park: World Meditation Day with 7-Metal Singing Bowls of Tibet & Nepal by Rita Lopienski
5/21 Wednesday, 11:30am: Mix & Mingle Lunch, location TBD (watch for details)
5/21 Wednesday, 6:30pm: Trivia Night with Tim
5/22 Thursday, 2pm: Mental Health Awareness Month by Lori LeBlanc, RN
*pending approval *
5/26 Monday, MEMORIAL DAY: Office, Community Center Closed
5/27 Tuesday, 5 pm: Mix & Mingle Potluck Dinner in Community Center

RWA BOARD APPROVES ELECTRONIC VOTING AND ELECTRONIC NOTICING

Submitted by: Dale Jensen Election Committee Chair

As you may know, on March 13, 2025, the RWA Board of Directors approved the resolution to enable RWA members to cast their votes for Board candidates and association issues electronically and to receive electronic notices of Board, committee and Annual meetings.

However, before you can participate in electronic voting and noticing, you must submit a consent form. A blank copy of the consent form was included in the recent Association-wide mailing announcing this initiative. To avoid the hassle associated with the traditional mail-in ballot process, we encourage you to fill out that consent form and get it to the Association office. If, for some reason, you did not receive a copy of the consent form, we have made a fill-in form available on the RWA website. You can access that form by clicking on this link <https://rotondawest.org/e-voting-consent-form/> or by visiting the RWA website at <https://rotondawest.org/> and clicking on the *E Voting Consent Form* heading on the home page menu.

Those of you who own multiple lots may have received several mailings – one for each lot. You may wonder if it is necessary to complete and return a consent form for each lot. Assuming that you plan to vote electronically for all of your lots, that is not necessary. A single consent form will suffice. At election time, when you log on to the electronic voting application, you will be provided a ballot for each lot you own. To see how that will be done, visit a demonstration of the electronic voting application at <https://app.supademo.com/demo/cm8370ywn01gavp2557f059ip>.

The Election committee appreciates your participation in the RWA election process and is pleased to offer the convenience of electronic voting to RWA members. If you have any questions about electronic voting, electronic noticing or any other election-related issue, please send us an email at electioncommittee@rotondawest.org.





RWA COMMITTEES AT WORK- MEETING SCHEDULE



ALL MEETINGS ARE ALSO AVAILABLE ON ZOOM

<u>COMMITTEE</u>	<u>DAY</u>	<u>TIME</u>
BOARD OF DIRECTORS	2ND THURSDAY OF EACH MONTH	2 P.M.
ADMINISTRATIVE/PERSONNEL COMMITTEE	“AS NEEDED” BASIS	TBA (not on zoom)
BUDGET & FINANCE COMMITTEE	4TH MONDAY OF EACH MONTH	9:30 A.M.
BUILDINGS & GROUNDS COMMITTEE	2ND TUESDAY OF EACH MONTH	10:30 A.M.
COMMUNITY OUTREACH COMMITTEE	1ST WEDNESDAY OF EACH MONTH	9:30 A.M.
COMPLIANCE COMMITTEE	DATES VARY (CHECK CALENDAR)	2 P.M.
DEED RESTRICTION COMMITTEE	4TH WEDNESDAY OF EACH MONTH	9 A.M.
ELECTION COMMITTEE	SPECIFIC TO ELECTION SCHEDULE	CHECK CALENDAR
RESIDENTIAL MODIFICATION COMMITTEE	2ND & 4TH TUESDAY OF EACH MONTH	9 A.M.
RW NEIGHBORHOOD WATCH	3RD TUESDAY OF EACH MONTH	10 A.M.

CHARLOTTE COULTY NEWS ITEMS

By: Sam Besase

- The big news coming from the recent MSBU quarterly meeting is that PAVING of Rotonda West roads shall begin on MONDAY May 19, 2025. Charlotte County shall notify the MSBU members in early May of the exact location for the start of paving. Charlotte County advised that the contract specifies that COMPLETION shall be within 286 days. (about 10 months). MAY 19, 2025 THRU FEBRUARY 28, 2026 GREAT NEWS!
- The election of MSBU Chair & Vice-Chair was held.

The Rotonda BRIDGE work shall continue from now thru September, 2025 and includes 6 more bridges. The first bridge is on Rotonda Circle between Long Meadow Lane and Marker Road and very near Rotonda Boulevard East.

It takes approximately 4 to 6 weeks to complete repairs and maintenance per bridge. Traffic shall be either detoured or maintained. Please observe posted construction/detour signs.

1. Rotonda Bridge #014107: Near 727 ROTONDA CIRCLE Between Long Meadow Lane and Marker Road
 2. Rotonda Bridge #014104: next bridge – May? NEAR 563 ROTONDA CIRCLE–Between Broadmoor Lane & Sportsman Road
 3. Rotonda Bridge #014101: then next bridge – July? NEAR 517 ROTONDA CIRCLE–Between Fairway Road & Mariner Lane
 4. Rotonda Bridge #014100: NEAR 407 ROTONDA CIRCLE–Between Fairway Road & Mariner Lane
 5. Rotonda Bridge #014063: NEAR 211 ROTONDA CIRCLE-Between Bunker Road & Mark Twain Lane
 6. Rotonda Bridge #014060: NEAR 45 ROTONDA CIRCLE–Between Caddy Rod & Annapolis Lane
- 4 completed – 6 starting = 10 of 18* 8 more MSBU bridges to be completed.

The latest news on the damaged ROTONDA BLVD SOUTH BRIDGE is that in early February of 2025, FEMA rejected the Charlotte County APPEAL, stating that there is photographic evidence thru Google Maps that some damages were PRIOR to Hurricane Ian.

Charlotte County News Items continued...

Charlotte County plans to APPEAL the APPEAL while also pursuing funding sources to START the work on this bridge. We should know more about this in the next 60 days. I am continuously following up in person and by phone and email on this topic with the Charlotte County Commissioners and Public Works personnel.

- The financial condition of this MSBU is excellent with projected RESERVES as follows:
- FY 2026 = \$3,167K FY 2027 = \$4.307K

ENGLEWOOD BEACH UPDATE:

The southern entrance to Englewood Beach parking lot will reopen on Wednesday, April 2, providing pedestrian access onto the beach. Parking spaces will be limited. In addition, Charlotte County Transit will provide a park and ride service to the beach from Tringali Park located at 3460 N. Access Road in Englewood. This pilot program will operate 10 am-4 pm, Monday-Saturday. The shuttle will depart Tringali Park at the top of each hour and the bottom of the hour from Chadwick Park. For a list of Charlotte County Transit passenger rules and regulations visit <https://tinyurl.com/CCTransitRules>.

Portable toilets will be available for temporary restroom facilities. Patrons are advised to only use designated “dune walk through” access points and to be diligent and alert for hazards.

The remainder of Englewood Beach Park will remain closed due to safety concerns.

Swale Drainage Issues:

FAIRWAY ROAD = SWALE/GREENBELT RESTORATION PROJECT starts in May.

Charlotte County advised that the plan is to put a segment of Greenbelt out for bid for swale ditch maintenance. From there, the County can estimate what the remaining sections would cost to remediate and then create a multi-year budget to do so. The excellent financial reserves position might mean no increase in MSBU rates.

The next regular quarterly Rotonda West Streets & Drainage meeting shall be held on Thursday June 26, 2024 at the San Casa Charlotte County facility.

I hope that answers many of your questions between now and the next meeting.

Respectfully,

Sam Besase

Advisory Board Member–Rotonda West Streets & Drainage MSBU.

(questions, please call 281-923-4041, I'll try to get you an answer)

The other MSBU members are:

Laura Ingrassia

Carol DeLuca

Nicholas Kotzalas

Leo VanOrden

DID YOU KNOW?

By: Maureen Laderer

Community Outreach Committee Member

MIX & MINGLE

Did you know that Rotonda West has a committee that holds 3 different monthly (seasonal) events to meet others?

- 1.) The first Wednesday of every month at 5 pm, we hold a Happy Hour under the pavilion at the Rotonda Community Park on Parade Circle (where the tennis courts are). This is for anyone, new or old residents, to come and meet new friends. Bring your own beverage of choice and spend an hour with us.
- 2.) The 3rd Wednesday of most months at 11:30 am (October-May), we have a Rotonda luncheon. The location is in the process of changing, so watch for details on that. Once again, come join us with your neighbors and meet more neighbors.
- 3.) The 4th Tuesday or most months at 5 pm (October-May), join us for a Potluck Dinner at the Community Center, 646 Rotonda Circle. Live music is held most months and sometimes there is a theme. In February, we celebrated Mardi Gras. The theme for March was Italian. Suggested dishes are on the fliers which will be in West Ways, Facebook Events Page, or Constant Contact emails. They are suggestions, you may bring a different category if you want.

**FUN AT POTLUCK DINNER
IN FEBRUARY!
THEME WAS
MARDI GRAS**





Community Outreach Committee
Presents

MiXX & Mingle

April

UPCOMING

EVENTS



Join us for Happy Hour, the 1st
Wednesday of every month under the
pavilion at the Rotonda Community
Park, Rotonda Circle
(by the tennis courts)
April 2, 5 pm



Join us for lunch the 3rd
Wednesday of every month.
April 16, 1130 am
Watch Facebook & Constand
Contact for the new location.



Join us for a community potluck
dinner, the 4th Tuesday of every
month at the RWA Community
Center.
April 22, 5 pm

*Please do not contact the RWA office,
they do not have information*

Entertainment in Rotonda!

TRIVIA

Trivia with Tim is held on the 3rd Wednesday of each month. The game begins at 6:30 pm. March's theme was OUR WORLD. The winning team's names and team picture are posted in West Ways, and of course, they have bragging rights for the month. The winning team this month was:

WE DRINK AND WE KNOW THINGS

ALISON TEDESCHI IRENE THIBEAULT
BOB THIBEAULT PAT MOODIE
WAYNE MOODIE
JERRY BOURCHARD
BETSY BOUCHARD

Rotonda West Association COMMUNITY OUTREACH COMMITTEE PRESENTS:

Trivia Night

LITERATURE & SCIENCE TOYS & GAMES
HISTORY & ANIMALS
MUSIC TV & MOVIES SPORTS AND MORE!
Play as a team or individually
FREE!

Presented by Tim's Trivia
Tim's Trivia@yahoo.com
Timothy Dowd, originally from Michigan, I have been a college professor for almost 30 years with degrees in English, philosophy, sociology, psychology, history and humanities. I have been doing TRIVIA for almost 20 years; also music bingo, scavenger hunts, hosting various events as well as DJ-ing dances of all kinds. Recently have been named the number one TRIVIA in Southwest Florida!

3rd WEDNESDAY OF EACH MONTH
Doors open @ 6:00 pm
Starts @ 6:30 pm
RWA Community Center
646 Rotonda Circle

Welcome RWA property owners, residents, renters and their guests.
Questions: Contact the Community Outreach Committee: communityoutreach@rotondawest.org
Please do not contact the RWA Admin Office, you will be referred to the above email.
Bring your own drinks with lids & snacks. No pets.



ABOVE: THE WINNERS!
Trivia team,
“We Drink and We Know
Things”



FUN FACT: Winning team knew the answers to all 16 musical bonus questions.

FINAL QUESTION: Television- Shown in over 150 countries for decades, what television show did TV Guide rank as the #1 show of all time worldwide?

ANSWER: *Twilight Zone* (coming in second was *I Love Lucy*)

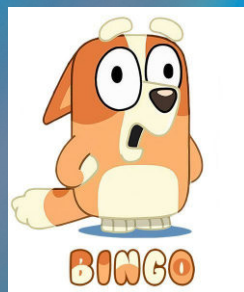
Thank you to Tim and Julie of Tim's Trivia, and to Deb Orchard for hosting.

Our next night of trivia will be APRIL 16th. Form your team, or come join a group of players to form a new team. Bring your own drinks and snacks. Be prepared to join your neighbors and have some fun.

Rotonda West Association
Community Outreach Committee Presents

BINGO

NO BINGO IN APRIL
Next BINGO— 5/18
COMMUNITY CENTER



BINGO!

WHAT? NO BINGO IN APRIL??
YES, THAT IS RIGHT, DUE TO
THE EASTER HOLIDAY.

BUT BINGO WILL RETURN
ON SUNDAY MAY 18TH.



Rotonda West Association

Community Outreach Committee

Official RWA Facebook Event Page



**Scan QR Code
Like & Follow page
for updated events**

***Please do not contact the
RWA office.***

Questions? CommunityOutreach@RotondaWest.org



Nature News

EXPLORED NATURE IN MARCH

By: **Merrill Horswill**

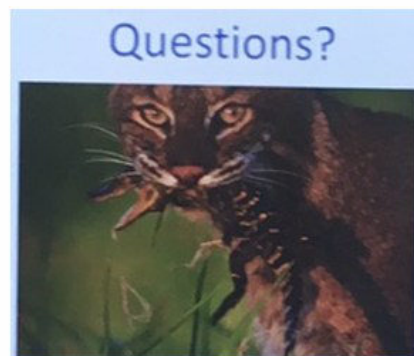
with **Kaitlin Causey, Charlotte County Land Manager**

March 5, 2025

BOBCATS



Bobcats, their lives and habitat, brought an interested group of over 55 program participants to hear Kaitlin explain how to identify Bobcats, where they live, their family group and what they eat. They breed after one year, with 1-4 young. They feed primarily on squirrels, rabbits, rodents, but have been know to take small alligators. There were many questions about this elusive cat, which many have been lucky enough to see in our community.



March 15 | Held at Broadmoor Park

NATURE WALK



It was a very exciting morning at the Broadmoor Nature Walk with an unexpected sighting of a great horned owl. Great horned owls had been seen in the area earlier in the season after taking over an eagles nest. Now the nest was empty but the owl was sitting in a nearby tree watching the watchers!

We also saw many other bird species: blue jay, cardinal, mocking bird, anhinga, loggerhead shrike, great blue heron, white ibis, cattle egret, boat tailed grackle, American

crow, fish crow, palm warbler. Kaitlin identified many plants and talked about the importance of habitat to bring so much wildlife to Broadmoor Park. We are very fortunate to have a beautiful park and dedicated Charlotte County land managers to teach us about the wildlife.





RWA COMMUNITY OUTREACH COMMITTEE

Nature News



Rotonda West
Association

Community Outreach Nature Committee
Presents:



Healthy Ponds and Waterways

April 2, 2025 2pm

Mollie Holland

Environmental & Community Resiliency Coordinator,
Charlotte County

Charlotte County has hundreds of miles of shorelines along its canals and stormwater swales that goes largely unrecognized as an important way in improving water quality and increasing environmental resilience to our community and ecosystem.

Protecting this invaluable resource ensures stability of urban and natural environments. Water quality affects all of us!

Learn about:

What is a watershed

Stormwater, how it behaves and how we manage it

Managing the landscape to improve water quality

See: [One Charlotte, One Water | Charlotte County, FL](#)

What can we do?

Less is more when it comes to applying fertilizers, pesticides and irrigation! Reducing fertilizer and pesticide use allows for a balanced "landscape ecosystem" and less runoff into waterways

Naturalizing the shorelines along ponds and other waterways with native plants can slow shoreline erosion, support a wide array of wildlife and can help improve water quality. Leave a buffer!



Rotonda West Community Center, 646 Rotonda Circle

Welcome are Rotonda West residents, renters and their guests. Please do not contact the RWA Admin Office. Questions: communityoutreach@rotondawest.org



LIMPKINS

SUBMITTED BY: BOB WINTER

People who recently moved to Rotonda from the Northern States ask what is that loud screaming, crying noise that wakes up at night. It is not a nightmare from the last horror movie you saw or an alligator attacking someone, rather it is a large wading bird called a Limpkin. The male limpkin will make this call in late winter both day and night to establish his breeding territory.



Limpkin family at Pine Valley Memorial Park

Limpkins are seen only in peninsular Florida and the Okefenokee Swamp in South Georgia. They nest in many places close to the water from dense cover on ground to up in bushes and trees. This family was from a nest in the buffer zone plantings done by the Aquatics Committee in 2011 at the Pine Valley Memorial Park. Their diet is mostly clams and snails.



Mollusks species captured from the white marsh park littoral zone in April 2021 during critter netting supervised by Dr. Bill Dunson

Enjoy the Bird Life of our canals

GARDEN TIP FOR APRIL

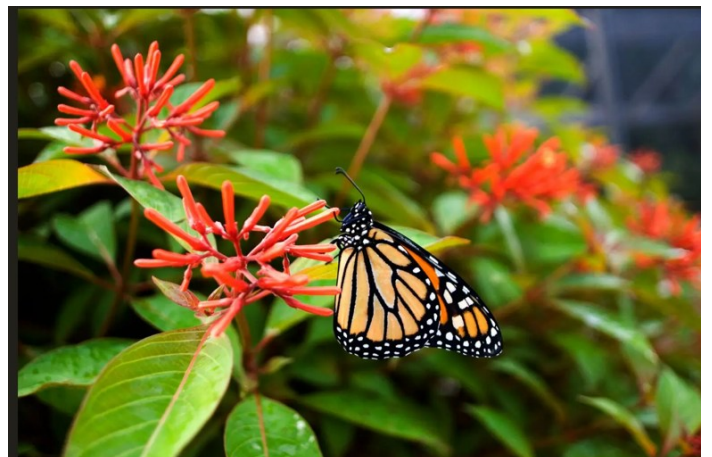
By: Ann Weaver



Nature News

A favorite blooming shrub is the Firebush (*Hamelia patens*), with its orange-red nectar filled flowers, evergreen leaves, and berries for songbirds. This is a drought tolerant native plant, requiring regular watering to get established, and having no insect or disease issues. Planted in full sun, the blossoms will be constant from spring to fall. Adapts well to part shade, but will bloom less. The Firebush will reach 10'-15' high with a 6' spread, but can be kept pruned to 5'-8'. Plant anytime of year in southwest Florida, and enjoy Monarch, Gulf fritillary and Zebra longwing butterflies. Our native hummingbirds may find a blooming Firebush.

There is a well established Firebush in the Broadmoor Butterfly Garden. Want to learn how to garden for butterflies, bees and birds? Join the Butterfly Garden Team by emailing Ann Weaver at ann.weaver815@gmail.com



HUMMINGBIRDS AND BUTTERFLYS
LOVE FIREBUSH



Community Outreach Nature
Committee Presents:

TREES: THE GOOD, THE BAD AND THE UGLY



Alice White

By: Nadine Clough

On March 26th, Alice White from “People for Trees” presented a program promoting beneficial trees for our neighborhood and property. “People for Trees” is a non-profit native tree advocacy group out of North Port, FL. Alice spoke on what trees to plant, and how to plant and maintain them to help them survive and bring beauty, shade, and wildlife to your yard.

Alice White broke the local trees that we are familiar with into 3 groups:

THE GOOD

Live Oak (native)
Bottle Brush Tree
Native Sweetgum Tree
Southern Red Cedar
Pines (Long leaf & Slash)
Bald Cypress
Florida Elm
Florida Red Maple
Dahoon Holly
Pignut Hickory Tree

Florida native trees that do well in
our area and that our native wildlife
depend on for food and shelter

THE BAD

Jacaranda
Norfolk Pine
Orchid Tree

Non-Native trees, often
popular and available, but
these choices often have
problems, or cause
problems

and the UGLY

Brazilian Pepper
(prohibited in Florida)
Australian Pine
Chinaberry
Chinese Tallow
Carrotwood

Invasive trees that are prohibited
from being planted, propagated
or sold and should be removed

***THESE ARE NOT COMPLETE LISTS**

The “People for Trees” 28th annual Tree Fair will be held on Saturday, April 26th
from 9am—1 pm at the North Port City Center Green, 4970 City Hall Blvd

LAKEWATCH MEETING

TUESDAY APRIL 8, 2025

@ 5:30 PM

Submitted by: John House



The RWA Aquatics Sub-committee will sponsor a presentation by FLORIDA LAKEWATCH concerning the Rotonda canal system on Tuesday April 8, at 5:30 PM in the RWA Community Center, 646 Rotonda circle, Rotonda West, Florida. As we have in past meetings, LAKEWATCH will provide food. This year it is Sonny's BAR-B-Q beef, chicken, turkey, pork, baked beans, coleslaw, garlic bread, soft drinks and water.

PLEASE RSVP BY FRIDAY APRIL 4, BY CALLING FLORIDA LAKEWATCH AT 1-800-525-3928 OR E-MAIL djwillis@ufl.edu AND LEAVE A MESSAGE INCLUDING YOUR NAME AND HOW MANY PEOPLE IN YOUR GROUP. YOU MAY ALSO RSVP BY CONTACTING JOHN HOUSE AT (630) 723-1682 OR E-MAIL AT drabode@aol.com.

LAKEWATCH is part of the University of Florida and has a volunteer citizen program that facilitates "hands on" participation in managing lakes, rivers, canals and coastal sites through monthly monitoring activities. Rotonda West resident volunteers collect water samples from various points on the canal system. Other volunteer groups throughout the state participate in the program including Lemon Bay Conservancy (Wildflower) and others in Southwest Florida. Our canal samples are analyzed by LAKEWATCH at no charge for Total Nitrogen, Total Phosphorus and Chlorophyll. Samplers also measure turbidity and depth. This data is used to monitor nutrient levels in our canals and the overall status of our canal system which is a vital part of Rotonda West. We have recently added two of the Broadmoor park ponds to our sampling program. You can discuss water body concerns with Lakewatch personnel and Aquatics Committee members.

LAKEWATCH representatives along with members of the RWA Aquatics Sub-Committee will be available to answer questions concerning the canal system. For those interested in the Rotonda canal system and other water bodies in the area, this meeting will provide insights into water quality as well as the chemical and biological parameters that impact the wildlife that we so much enjoy. Lakewatch will also discuss invasive species.

If you have any questions please call the LAKEWATCH contact John House at (630) 723-1682.

Health & Wellness



Rotonda West
Association

Community Outreach Committee
Health & Wellness Initiative 2025
Presents

PILATES CLASS

All
Mondays
EXCEPT
4th Monday
10-11 am



RWA Community Center - 646 Rotonda Circle

Instructor

Dr. Francine Finucan

TAI CHI



All
Fridays
10-11 AM



RWA Health & Wellness Initiative
"TRANSFORM YOUR HEALTH, NOURISH YOUR
BODY THROUGH BASIC FUNCTIONAL
NUTRITION CONCEPTS"

With Lori LeBlanc RN BSN, IFNCP

Health & Wellness



MARCH 6TH NUTRITION PROGRAM RECAP

By: Rita Lopienski

Nutrition presentations are a hot topic, and

Rotonda residents take their health and wellness seriously! Forty five people attended the March 6th "Transform Your Health, Nourish Your Body Through Basic Functional Nutrition Concepts", by Rotonda resident Lori LeBlanc, RN, BSN, IFNCP.

Did you know that stress causes many of your health issues and can be related to 70-80% of them?

In the presentation we learned to use food as medicine, to discover the healing power and optimize health. General Functional Nutrition Tips & Takeaways:

- * Start making changes slowly, 1-2 days a week.**
- * Eat mindfully and slowly-chew approximately 30 times.**
- * Limit fluids during meals.**
- * Eating round the clock taxes the liver-minimize snacking.**
- * Take a 10 minute walk after a meal-helps manage blood sugar.**
- * Choose a variety of colors, fruits/vegs EVERY DAY.**
- * Calm sugar cravings by eating more protein & healthy fats like Omega 3s.**

We use protein less efficiently as we age.

*** Carbs with healthy fat and/or protein prevent blood sugar spike & provide energy. Ie: Cheese & berries, hummus & veggie bites, celery & nut butter.**

*** Avoid seed oils- very inflammatory (sunflower, safflower, soybean, canola, grapeseed, corn, vegetable, palm). Replace with healthy omega 3 oils like EVOO, avocado, coconut oil.**

*** Avoid artificial sugars-they trick brain to crave more.**

*** No HFCS (high fructose corn syrup), hidden in a lot of food, VERY inflammatory.**

*** increase fiber slowly to GI tolerance.**

*** SUGAR SUBSTITUTE-quality raw honey, raw organic coconut sugar, cinnamon & pure cocoa powder are natural sweeteners.**

*** Try 2 veggies plus protein for last meal (no carbs like potatoes, pasta, rice, etc.)**

*** Replace high carb breakfast with savory foods, eggs, protein/veg leftovers.**

*** Replace lunch meat with chicken, tuna, egg salad wrapped in romaine lettuce leaves.**

*** Make your own salad dressing-check labels for HFCS, added sugar, bad oils, additives.**

*** Replace coffee creamers with homemade nut milk, coconut milk/cream, organic cinnamon, pure cocoa powder to sweeten coffee.**

*** MAKE IT YOURSELF- you know what's in it!**

We look forward to another presentation by Lori in the near future, on Mental Health & Wellbeing.



Presenter: Lori LeBlanc RN





GO “BLUE” TO LIVE A LONG HEALTHY LIFE

By: Connie Smith

LEFT: Dietician Diane Casey describes to Rotonda Residents how to live a long, pain-free life through nutrition

Perhaps one of the golden rules of nutrition is, according to licensed dietician Diane Casey: the form of the food (whole unprocessed food) you eat is incredibly important. This rule is a practical conclusion based upon studies of “Blue Zones” throughout the world where residents live exceptionally long and healthy lives that prioritize their communities, Casey told a large group of Rotonda West residents, March 20.

It turns out that the healthy eating practices of these long-lived citizens of the world are often primarily plant-based and anti-inflammatory in nature.

One key principle of anti-inflammatory eating is to switch from a meat, dairy and processed diet to one of whole, real foods. The result of this change can diminish an individual's aches, pains and other symptoms, she explained. An immediate reversal of one's usual eating habits may not be realistic, but continual small changes can lead to improved nutrition and reversal of disease symptoms and the ability to get off many meds.

Busting commonly accepted nutrition norms, Casey said meat and dairy are not the sole sources of protein and calcium. Many vegetables, legumes and nuts contain the same nutrients with more benefit and no saturated fat and cholesterol, known to be pro-inflammatory.

She also said the food industry's use of overrefined, inflammation-inducing Omega-6 fats (cottonseed, grapeseed, corn, safflower and sunflower oils), has given rise to the Omega-3 fish oil supplement industry. Typical of the food and medical industry, she said, “is to throw a supplement at it, rather than address the root cause” Instead of creating foods made without Omega-6 fats, a new Omega-3 industry rose to combat the health damage. An example of natural Omega-3 oil is olive, flaxseed and canola. In addition to those oils, foods that contain Omega-3 nutrients are fish (salmon, sardines, tuna and mackerel) and walnuts.



ROTONDA RESIDENTS LEARN ABOUT ANTI-INFLAMMATORY DIETS

Omega-3 oil is olive, flaxseed and canola. In addition to those oils, foods that contain Omega-3 nutrients are fish (salmon, sardines, tuna and mackerel) and walnuts.

A good method of avoiding pro-inflammatory foods at the grocery, she said, is to buy whole plant foods that have no need of a label (that often list unpronounceable ingredients). Whole plant foods would be fresh fruits and vegetables, herbs, spices, nuts and seeds, beans, legumes and whole grains.

She takes issue with those who say carbs are bad nutrition – the form of carbs is important. Legumes, brown rice, potatoes and pasta are high in carbs, but are also high in fiber. The problem with potatoes and pasta, is not the products themselves, but the food items piled onto them, such as cheeses, dairy and meats. “90-100 percent of your foods should be unprocessed plant foods. The biggest deficiency in the American diet is fiber, which is key to gut and overall health,” she maintained.

Holding up an orange, Casey described the benefits of a fresh orange. Unlike sugar-added juices, a whole orange provides much-needed fiber, other nutrients in just the right amounts, as well as flavor.

Principles of (Blue Zone) anti-inflammation eating described by Casey:

- One-half cup of beans/legumes daily provide fiber, protein and micronutrients.
- Whole grains should be prioritized over refined grains; knowing the difference is key. Brown rice, whole wheat, barley and corn are whole grains. Highly processed white flour is a refined grain.
- Adults should consume 5-10 vegetables per day, with one-half cup equaling one serving. These include leafy greens (spinach, romaine lettuce), cruciferous (broccoli or cauliflower) and root (carrots, beets) vegetables.
- Limit meat consumption. It should not be the major part of a meal - 2-3 oz. should be your portion of lean meats, such as fish or chicken. Ideally, five times a month is adequate for persons desiring meat.
- “The dairy industry would have you believe it is the only source of calcium,” she said. Goat or sheep milk, as well as plant-based milks are good alternatives for Blue Zones.
- 1-2 ounces of nuts per day is a nutritious amount. Holding up a baggie filled with one cup of cashews (8 ounces), she said that amount would equal 800 calories or roughly half of a woman’s daily requirements. Almonds, walnuts and pistachios are good choices.
- Keep added sugar to a minimum! If you need a sweetener, use honey, pure maple syrup or enjoy the natural sugar in fruit.
- Your main beverage should be water. Herbal tea, green tea or coffee are ok. Drink little to no alcohol and limit drinks with added sugar.
- To prevent overeating, adopt a principal practiced in Okinawa and conclude your meal before you are completely full.
- Share your meals with family and friends; prepare your food with love and eat mindfully.
- A couple of additional tips to help you eat a diet rich in antioxidants:
- Herbs and spices are the most anti-inflammatory thing there is! Turmeric should be used as often as possible in cooking and the absorption is 1,000 times improved if it is used with black pepper.
- Garlic and onions (aromatics) contain quercetin that has antioxidant and anti-inflammatory properties. They also benefit cardiovascular, neurological and metabolic health, as well as preventing cancer.

Casey described the one simple food combination (all on one plate!). One should layer: greens, steamed vegetables, garbanzo beans, pasta, marinara, 2 oz. chicken (if you must) and a “dusting” of cheese. Bon Appetit!



**TO LEARN MORE ABOUT DIANE CASEY
AND NUTRITION,
GO TO:**

www.dianecaseymsrd.com

Health & Wellness



**RWA
Strong
Health &
Wellness
Initiative!**

Celebrate Earth Day! **Bike Ride Litter Clean-Up Challenge**

April 22nd, 9:00 am
Rotonda Community Park Pavilion, 100 Boulevard E.

- You are invited to enjoy biking in our beautiful community and pick up any litter you find along the way, especially using the bike paths on Rotonda Blvd E, N & W. Afterwards you can return with the bagged litter and dispose of it at the garbage and recycling bins in the Park.
- Not able to join the group? Go on your own.
- Take a photo and send it with your litter count (estimated # of pieces of litter picked up) by midnight to be included in the May Westways newsletter: communityoutreach@rotondawest.org



*Ride individually, as a family, a club, or with friends
Do it for health, fun, or a purpose.*

*Invited are RWA property owners, renters, and their guests
Remember to invite your vacationing neighbors*

For more information, contact the Community Outreach Committee at communityoutreach@rotondawest.org

Please do not contact the RWA Office. They do not have information.



*Rotonda West Association
Community Outreach Committee*



kab.org/our-signature-programs/great-american-cleanup

**JOIN US
FOR THESE
TWO GREAT
APRIL EVENTS !**

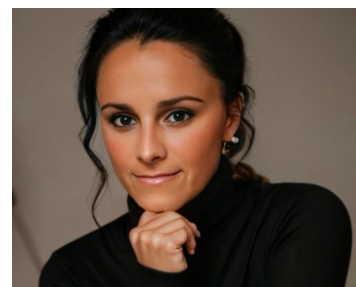


RWA Community Outreach Committee

Health & Wellness Initiative Presents

“Fit for Life: Using Functional Exercise to Maintain Muscle Mass & Confidence”

**With
April Sutphen
(on right)**



Thursday April 23, 3 pm

Community Center, 646 Rotonda Circle

By: Rita Lopienski

April Sutphen, a Rotonda West resident, is a certified personal trainer, nutrition coach, corrective exercise, strength and conditioning specialist. She is one of the lead trainers at Englewood Fitness.

Functional exercise improves coordination, stability, strength, and the ability to perform daily tasks more safely and efficiently. It also help maintain muscle mass and confidence as you age. In this seminar, you'll learn basic functional movements, how to perform them with proper form, and how to implement them in daily life to stay strong, healthy, and confident.

RWA 2ND ANNUAL SPRING NEIGHBORHOOD GARAGE SALE A SUCCESS!

By: Garage Sale Chair Rita Lopienski



The Community Outreach Committee has been sponsoring a Neighborhood Garage Sale twice a year since November 2023. Each one has had 100+ households participate and the March 28th & 29th event was no different, perhaps even the largest to date, with almost 120 registered homes through the website & Community Outreach application, and another 20 who registered individually at the RWA office the week of the event, after the cutoff date passed to be on the address flyer postings.

The weather was perfect with blue skies and temps ranging from the 70's to 80's, with a nice breeze (although humid Saturday). Several homes also sold their items as a multi-family event.

John Delaney, of Rotonda Boulevard East, who also participated last spring, said the best part is the camaraderie that occurs, by meeting new people and finding out where they're from & where they live.

Buyers and sellers alike appeared to have had a good experience. We plan to have the 3rd annual RWA Fall Community Garage Sale early November, a good time to begin Christmas & holiday shopping!





Scan here for more information

Protecting Rotonda West since 1981

Pet Owners Targeted by Scammers

Losing a pet is a heartbreaking experience and one I have experienced; even though it was for 45 minutes, the emotional distress lasted for hours. Fraudsters are lurking about ready to act upon vulnerable parents of pets often posing as a rescue organization, veterinary clinic, or concerned citizens. They claim to have found your missing pet and needs urgent surgery. Scammers press owners to send money immediately. It is crucial for pet owners to recognize the warning signs of this cruel scheme and take steps to verify any claims before sending money.

If you receive a call, text, email, or message via social media claiming they are from an animal organization claiming to have found your pet; (1) do not communicate with the person via that call, message, or social media outlet, (2) get some basic information; their name, organization's name, phone number, what is wrong with the pet, where it was found, how do they know it's your pet (microchip #, collar/tag. etc.), where they got your contact information, how much money is needed, and my personal favorite—**request a photo or video of your pet**, (3) get the phone number of that organization from their website or social media platform and call them directly. If you feel it is a scam, contact your local police department immediately and provide all the information from the call.

(This information was taken in part from Zeke Speaks in the Englewood Sun)



Have you considered being a Base Station? Do you know of anyone that doesn't like to drive at night, but would be willing to be a Base Station? You can volunteer from the comfort of your couch or favorite chair. If you do, contact me.

If you are looking to volunteer as a Patrol or be a Base Station, it just takes two hours a month; a small commitment to protecting our neighborhoods. If you are interested in joining our organization, please contact David Perry at 941-828-1584, go to our Facebook [page @ Rotonda West Neighborhood Watch](#), or scan the QR code above.

Our next meeting is April on 15th at 10am at the RWA Community Center.

Charlotte County Sheriff's Office (CCSO) non-emergency number is 941-639-2101 and they can also be reached at <https://www.ccsso.org/>



GFWC Rotonda West Woman's Club. Inc.
GWEN GRACE, PAST PRESIDENT



APRIL 2025

Welcome Spring!! March was another busy month for the GFWC Rotonda West Woman's Club. We held our Annual Rummage Sale which helped raise over \$2700 for scholarships and other programs in our community on March 22nd. Thank you to all the customers who attended. Our bake sale during the sale sold out by 10 am. Next year we'll make sure we have more delicious goodies for those who want to purchase and enjoy. Our chairperson of the event, Rita Lopienski and her team did a wonderful job. Our members are awesome!



At our General Meeting our guest speakers were Merrill Horswill and Ann Weaver from the Community Outreach Committee Nature group who presented an informative presentation on Planting for Pollinators. They also conducted a tour of the lovely butterfly garden at Broadmoor Park during the social hour. The club members had lots of questions and enjoyed the presentation.



Merrill Horswill, Club President Gloria Rogoski, Ann Weaver and Club Environment Community Service Program Co-Chair Rita Lopienski.

I hope you can help make our next two events successful -- the Blood Drive on April 22nd at the RWA marina across from the Hill and Trivia Night to support Lemon Bay Scholarships.

And coming in May we are planning the first Bunco Tournament. Stay tuned for more information!

Our next General Meeting is Thursday, April 17th at RWA community center. The social time begins at 9:30 am and the business meeting starts promptly at 10:30 am. Please go to our website at www.gfwcrotondawest.org for information about upcoming events and who we are and what we do. You can also find us on Facebook at GFWC Rotonda West Woman's Group. All are invited to our general meeting.

WOMAN'S CLUB continued...

RIGHT:

The Club Tonettes entertained the residents of the Douglas Jacobsen Veteran's Home in Port Charlotte for St. Patrick's Day



GFWC ROTONDA WEST WOMAN'S CLUB
PRESENTS

TRIVIA

Wednesday, April 9th, 2025
7pm - 9pm
RWA Community Center
646 Rotonda Circle

TEAM TRIVIA
Maximum 8 per team
\$15 per person

\$100 FIRST PRIZE
\$50 SECOND PRIZE

50/50 available
Plus Opportunity Drawings for great prizes!

BYO Soft Drinks
Water and snacks are provided

Contact: Betsy Bouchard 757-952-9890
betsybou60@gmail.com

This is a fundraiser for GFWC Rotonda West
Woman's Club Scholarships



TRIVIA

FUNDRAISER!



DONATE

BLOOD



**DONATE
BLOOD**

GFWC Rotonda West Woman's Club
Tuesday, April 22
9:00 AM - 3:00 PM

All donors will receive*:

- \$20 eGift Card
- OneBlood T-Shirt
- Chick-fil-A Coupon
- Wellness Checkup including blood pressure, pulse, temperature, iron count, and cholesterol screening.

Location: 100 Rotonda Circle, Rotonda West, FL 33947

Donors Receive

\$20
eGiftCARD

Verizon
amazon

- PLUS -

ONEBLOOD'S
DONOR'S SHIRT

- PLUS -

Chick-fil-A
COUPON

oneblood
Save your blood

Appointments are encouraged, please visit oneblood.org/donate-now and use sponsor code 39275

ID REQUIRED

*One-to-five per person per donation. No cash value. Visit us at oneblood.org for more information. Please visit oneblood.org for details.

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WONDERFUL STAFF**

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